

ABSTRACT OF THE DISCLOSURE

A pant-like absorbent garment having a swellable absorbent core positioned between an outer cover and a body side liner at least partially bonded to the outer cover. The swellable absorbent core is swellable to a final thickness (t_f) which is at least three times an initial thickness (t_i) of the swellable absorbent core; $t_f \geq 3t_i$. The significant swelling renders the garment suitable for use as a toilet training aid.